

UHC Diabetes Prevention Program

UnitedHealthcare (UHC) may be calling City of Milwaukee employees and dependents to offer a voluntary **Diabetes Prevention Program**. UHC is working with neighborhood Y's (formerly the YMCA) to offer this voluntary program shown to prevent diabetes among pre-diabetics. The program is part of UHC's ongoing effort to change the health care system - by changing the game at a fundamental level on a massive scale. By starting at the neighborhood Y, UHC is creating truly useful and unique solutions for the marketplace and helping people live healthier lives.

UHC is committed to helping all UHC members live healthier lives. Diabetes is approaching pandemic levels within Wisconsin. In 1994, 3.9% of Wisconsin adults had diabetes, 15 years later that number has nearly doubled to 7.4%. It is estimated that 6,000 children and adolescents will be diagnosed with diabetes and that 1.06 million adults, above the age of 20, have pre-diabetes.

The onset of type 2 diabetes follows a natural progression, with individuals developing pre-diabetes many years before the onset of diabetes. Obesity, along with increasing age, is commonly the first step in the cascade from pre-diabetes to diabetes, which may remain undetected for many years, without obvious signs or symptoms.

The good news is that early and aggressive intervention can help people avoid some of the health and financial toll of diabetes. To help you avoid the cost burden of diabetes while helping your members prevent or control the course of this dangerous disease, UHC has introduced this innovative program to address the growing health concern. It is called the **Diabetes Prevention Program**.

UnitedHealthcare members may be contacted by the UHC **Diabetic Prevention Program**. UHC is using UHC claims data to determine who should be invited to participate. No information from the Wellness, Your Choice Milwaukee or Workforce Health is shared with UHC in identifying members to participate.